AN ESSAY UPON THE NATURE and QUALITIES OF TEA.



Wherein are ſhown,

I. The Soil and Climate where it grows.
II. The various Kinds of it.
III. The Rules for Chuſing what is beſt.
IV. The Means of Preſerving it.
V. The ſeveral Virtues for which it is fam'd.

3

By *J. OVINGTON*, M. A.
Chaplain to His Majeſty.

THEA eſt de cœlo miſſa terræ progenies,
Divini nominis æmula herba.
Peclin. de uſu Theæ.

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TO
The Right Honourable
THE
Countess of GRANTHAM.

MADAM,

'TIS from Your innate Goodness only, and that condescending Temper which is so remarkable in You, that this Foreign Leaf dares presume to court Your Favour, and hope for a welcom Entertainment. For where can a Stranger, that was always bred among a People the most polite of any in the World, expect a kind Reception with more Assurance, than from a Person, whose Conversation is adorn'd with all that Civility that even China *it self can boast of? And therefore while it*

gains Your Countenance, 'twill find it self as happy here, as if it still had stay'd at home; nay, rather with Advantage to have chang'd its delightful native Soil, while 'tis under the more pleasant Influences of Your Protection.

But though the Name of a Person, Madam, *so Eminent as You are, both upon the Account of Your Illustrious* ORMOND *Family, and those particular Accomplishments which give You so distinguishing a Character, were enough to recommend this healthful Herb to any that were in the least acquainted with either of them; yet is it not it self destitute of some peculiar Virtues, which may justly claim a very favourable Encouragement from us.*

For it is generally acknowledg'd

to

to be both Pleaſant and Medicinal, at once to delight the Palate and correct the Diſeaſe, and to heal the Diſtemper without giving any Diſturbance to the Stomach.

And certainly were the Cuſtom of Drinking it as Univerſal here, as it is in the Eaſtern Countries, we ſhould quickly find that Men might be chearful with Sobriety, and witty without the Danger of loſing their Senſes; and that they might even double the Days of their natural Life, by converting it all into Enjoyment, exempt from ſeveral painful and acute Diſeaſes, occaſion'd very often by a pernicious Exceſs of inflaming Liquors, which render it rather a Burthen, than a Bleſſing to us.

But in pity, Madam, *to this tender Leaf, I muſt ceaſe from Panegyrick,*

negyrick, leſt it ſhould create a Satyr, and the innocent Praiſes of it be eccho'd back in ſharp Invectives. For ſince its Conſtitution is ſo nice and delicate, as to be injur'd even by common Air, it will never be able to withſtand the Malignity of an envious Breath, unleſs Your Honour and Goodneſs interpoſe, which are ſo conſpicuous, that Malice it ſelf would bluſh to fix an Imputation upon them.

And from theſe Excellencies of Yours, which are the Crown and Ornament of Nobility, the Author hopes to find Your Pardon in the preſent Dedication; and that the Greatneſs of Your Mind will at this time ſhow it ſelf in Your Indulgence to,

Madam,

Your moſt Humble, and
moſt Obedient Servant,
J. Ovington.

AN ESSAY UPON THE *Nature* and *Qualities* OF TEA.

THough the Uſe of *Tea* has for many Years paſt been highly approv'd of in the Empires of *China* and *Japan*, which are at preſent the chief Kingdoms that

cheriſh this *celebrated Leaf*; yet ſince the *Europeans* by their frequent Navigations have open'd a freer Trade and Commerce to thoſe Parts, and have thereby been better acquainted with the Genius of thoſe People, and their Manner of Life, they have thereby taken occaſion to inform us, among other things, with the ſingular Eſteem which thoſe *Eaſtern Nations* harbour for it, and of what daily Uſe it is among them. Whereupon this *Weſtern World* has been induc'd of late to encourage the Importation of it, and make ſome Experiments of its admirable Effects, either out of *Curioſity*, becauſe of its *Novelty*; or out of *Pleaſure* of gratifying the *Palate*; or becauſe of ſome *Medicinal Vertues*, with which it is pregnant. And ſince the Drinking of it has of late obtain'd here ſo univerſally, as to be

The Reaſons of the Importation.

be affected both by the *Scholar* and the *Tradeſman*, to become both a private *Regale* at *Court*, and to be made uſe of in places of *publick Entertainment*, which has greatly rais'd the Character, and gain'd it a ſingular Repute; it might not be amiſs therefore to draw up a ſhort Account of its *Nature* and *Qualities*, to ſatisfy ſuch as are its curious Admirers with the Knowledge of its Uſe. I will here diſcourſe therefore of the *Climate* and *Soil* this Herb grows in, and its *various Kinds*; of the *Method of chuſing* what is beſt, and the *means of preſerving it*; and the ſeveral *Virtues* for which it is fam'd: With an Anſwer to one Objection or two which are ſometimes urg'd againſt it.

That which in *England* is called *Tea*, is in ſome other places pro- *The Name of it.*

nounc'd *Thee*, eſpecially in the Province of *Fokien*, which lies in *China* between 25 and 30 *deg.* of Latitude. But there, they ſay, the word is corrupted; for ſuch as pretend to the genuine and primitive Pronunciation of it, will have it term'd, according to the *Mandarin* Language, *Teha*, and ſome *Tſia*. But how different ſoever the Name of it may be, the thing it ſelf is univerſally agreed in.

The Mandarins *are the great Men in* China.

The Tree of Tea *deſcrib'd.*

This *Tea* is a Leaf which grows upon a *Shrub* in *China* and *Japan*, not exceeding either in Height or Breadth our *Roſe* or *Goosberry-Buſhes* in *Europe*. The Branches of which, from the Root to the Top, are cloath'd with abundance of tender Leaves of different Magnitude, though of the ſame Form and Shape. For *Coronius*, who liv'd ſeveral years in

in the Empire of *Japan*, aſſures us, That *upon the ſame Tree are Leaves of five different Proportions, the largeſt of which reſemble our Garden-Balm, and grow towards the Root; and as they riſe in Height, their Size decreaſes; but the ſmalleſt bear the largeſt Price. The Seed of it is round and black, which in three years time after it is ſown, produces new Plants. But the Flowers of it, which are all white, are of no Eſteem; the main Virtue is lodged in the Leaves.* When the *Flowers* however are new and freſh, they yield a very pleaſant Smell; but in time, as I have ſeen them, they grow yellow; and being put into Water, turn it brown. They conſiſt of five whitiſh or paliſh Leaves, with many Chives in the middle of the Flower.

The Shrub it ſelf is of a ſtrong and hardy Conſtitution, is proof againſt Storms, and receives no Damage by Snow or Hail, and lives and thrives in thoſe very Climates, the ſharpneſs of whoſe Air might ſeem pernicious, if not fatal to its tender Leaf; for the Winter in *England*, in ſome places where it grows, is not more cold. The *ſtony Soils* are apt in *China* to produce the choiceſt *Tea*, though for the moſt part it is planted there in the Valleys, and in light ground. And might it therefore be convenient to have it brought hither, there is nothing in the Nature either of our Ground or Air that ſeem to contradict its Increaſe among us; Eſpecially if ſufficient Care were taken for the ſafe and cautious Tranſportation of the Seed or Branches, and in their Growth they were expos'd, with the beſt

Advan-

Advantage, to the Sun. Though the Art here uſed for raiſing of it has not yet anſwer'd Expectation. But whether this proceeds from the *Envy* of the *Chineſe*, who are ſaid to boil the Seed, leſt it ſhould be planted any-where elſe; or from the Age of it, or untimely Collection of it, or the immoderate Heat of the Sun, and variety of Weathers in a long Voyage, it's uncertain.

The *Spring* is reputed the moſt proper Seaſon for gathering the Leaves, becauſe 'tis this time only of the year that renders them moſt ſoft and delicate, juicy and tender; which gives the Water wherein they are infus'd both a more pleaſant Flavor to gratify the *Smell*, and a Taſte more agreeable to the *Palate*. And certainly 'tis none of the meaneſt Signs *The Seaſon for gathering it.*

of the remarkable Ingenuity of the *Chineſe*, to prepare the *Leaves* with ſo much Art to make them ſtill continue *green*, notwithſtanding all the Length of Time they have been dried. Which, I think, is not very uſual with our dried Herbs in *Europe*.

The ſeveral ſorts of it.

In *China* are ſeveral ſorts of *Tea*, which are unknown to us in *Europe*, ſome of which are very cheap; but others are ſo highly valuable and much eſteem'd, that a ſingle *Catte* is look'd upon as a Preſent fit for a *Mandarin*. For ſo vaſtly different is the Price, that one ſingle Pound of that *Tea* which is cultivated for the Emperor, for the Nobility, and Lords of the Court, is ſold for more than One hundred times as much of another ſort. And in *Japan*, that which is prepar'd for the Grandees

A Catte *is about* 20 Ounces. *A* Mandarin *is a great Man in* China.

dees there, is both planted in the moſt refin'd Earth, and carefully defended from all Injuries of the Air, from all exceſſive Colds and Heats, and every thing that may be apt to offend the tender Leaf. And as at home they commonly affect the Entertainment of a numerous Multitude of Servants, and a ſtately Furniture of Inſtruments for the Preparation of their *Tea* in the greateſt Magnificence and Splendor; ſo they want not abroad ſuch as are purpoſely imploy'd to husband it with the utmoſt Care and Diligence, as well as with a peculiar Art. But that which is generally brought into *Europe*, is known only by theſe three diſtinct Names.

The firſt Sort is *Bohe*, or, as the *Chineſe* have it, *Voüi*, which is a *little Leaf inclining to black*, and generally tinges the Water brown, *Bohe.*

brown, or of a reddiſh Colour. Thoſe in *China* that are *ſick*, or are very careful of preſerving their Health, if they are weak, confine themſelves only to this kind of *Tea*, to which they are willing to aſcribe a peculiar Virtue both for *healing* and *preventing* a Diſeaſe, and extol it as a mighty Friend to Nature when it is grown faint and languiſhing. The Taſte of it, when it is very true and genuine, is delicious and pleaſant, and the weakeſt Stomach is able to bear it. This kind of *Tea* therefore is both in Colour and in Nature different from the other two, and very uſeful to ſuch as are *waſting* and *conſumptive*, and excels the others in its healing balſamick Quality, and particularly in improving by *Length of Time*, which is very pernicious to the reſt, for it generally grows better the longer it is kept.

This kind of Tea is of a healing Quality.

The

The ſecond Sort is *Singlo*, or *Soumlo* with the *Chineſe*; of which there are ſeveral kinds, according to the place of *Growth*, the manner of *preparing* it, and the *Nature* of the *Tea*. But that which is imported hither is of two ſorts, both equally good. One of them is a *narrow and long Leaf*. The other *ſmaller*, and of a *bleviſh green Colour*, which taſtes very criſp when it is chaw'd, and afterwards looks green upon the Hand, and infuſes a pale Greenneſs into the Water. The Flavor of it is freſh and fine, lively and pleaſant. 'Tis ſtrong, and will endure the Change of Water three or four times. This *Tea* is brought over in round Totaneg *Caniſters* paſted over with Paper, and inclos'd in a wooden Tub, containing the Quantity of half a *Pecul*. And that you may more plainly diſcern whether all of it be

Singlo.

Totaneg *is a ſort of Metal brought from* China.

A Caniſter *contains between* 50 *and* 70 l.

A Pecul *is* 132 l.

be new or no, these two things may be observ'd. *First*, Examine the Leaves to see whether all or most of them are green; if not, but that some of them are turn'd brown, or look *decay'd*, then may you guess that the *Tea* is not the finest, but is growing old, and will impair in Virtue daily. *Secondly*, Let the Liquor, into which the *Tea* has been infus'd, stand in a Cup for the space of a whole Night; if after this you perceive that it still continues green, the Goodness of it seems unquestionable; but as it abates of this Colour, so, you may conclude, it has abated of its Perfection, and wants something of its Excellence and Strength. For the *fragrant Smell*, the *green Colour*, and the *bitterish sweet Taste*, are the distinguishing Characters of the Goodness of this kind of *Tea*.

Means to know the best Tea.

The

The third Sort is *Bing*, or *Imperial Tea*, according to the Epithet given it by the *Engliſh*, and by the *Dutch*, *Keiſar*. This is a *large looſe Leaf*, and therefore takes up more Room, proportionable to the weight of it, than any other *Tea*, becauſe it is more open and ſpungy. The fineſt Sort of it looks both green to the Eye, and is criſp in the Mouth, and the Smell of it is very pleaſant, which inhances the Price of it here in *England*; and 'tis highly eſteem'd likewiſe in *China*, being ſold there at three times the Price of the other two. But it generally is of divers Colours, as yellow, green, *&c.* and is reputed weak, ſpending it ſelf quickly in the Infuſion, and only tinctures the Water with any Spirit twice, becauſe it is not put in weight for weight with other *Tea*. This likewiſe, as the others, Bing.

is

is Imported in large thick Totaneg *Caniſters* included in wooden Tubs, or in Baskets made of ſmall *Bamboe* Canes.

Theſe are thoſe ſeveral ſorts of *Tea*, to ſome one of which all that is tranſported hither is commonly reduc'd; and in deſcribing this Variety, and the different Properties of each of them, ſome *Directions* have been given for diſtinguiſhing what is choice and good, from what is mean and refuſe; which Inſtruction I ſhall purſue, with one Remark more, a little further.

'Tis neceſſary for all ſuch as travel to *China*, nicely to underſtand the Nature of the Goods there, if they intend to eſcape the Cheats and Frauds, and to trade therein with Advantage. For ſuch is the Subtilty of the *Chineſe*

in their *Trade*, and ſo artificial are they in their *Traffick*, and ſo mightily intent upon their *Gain*, that they falſify every thing they ſell, if 'tis capable of *Sophiſtication*; and he muſt be very quick and expert indeed, that has wit enough to eſcape in all things their Impoſitions. This they formerly practic'd even in their Sale of *Tea*, though the Advantage of it was inconſiderable. For with it they ſometimes mixt ſome other Herbs of leſs value, to ſwell the Parcel, and increaſe the Gain, and with this artificial Mixture they cunningly diſpos'd of it. But the Prudence and Caution of the *Europeans* prevent at preſent all the fraudulent Attempts of this Nature. And yet ſuch is the peculiar Talent of the *Chineſe* in the Management of this Art, that the Diſcovery of them in one Trick, is only the quickening

ing their Invention of another; and he that has thought himself wise in timely preventing of a small Cheat, has found afterwards how weak he was, when by this means he only tempted them to over-wit him in a greater. And though 'tis possible to fix their Honesty for some time in that particular wherein the fraud has been found out, yet will their inherent Pravity soon exert it self in something else, and make them knavish by Transmutation. Which occasions the wary *English* and *Dutch* Merchants in their Trading for *Tea* to open many times both the *Top*, the *Middle*, and the *Bottom* of the *Canisters*, to prevent the Cheat of courser *Tea* which has been sometimes privately put into one place, sometimes into another.

The

The Method the *Chineſe* uſe in preparing of *Tea*, to make it dry and criſp, is, as ſome affirm, to put it in Ovens, or in Kilns, or to expoſe it to the Sun; or as others ſay, by frying it twice or oftner in a Pan; and as often as it is taken off the Fire, it is roll'd with the Hand upon a Table till it curls. By this means the Leaves contract ſuch a *Dryneſs* and *Hardneſs*, as inables them to retain their Virtue for many years. *The Method of preparing* Tea.

Though the Tree of *Tea* is fortified by Nature againſt rigid Colds, againſt Storms and bad Weather, and is able to ſubſiſt and flouriſh even upon ſtony Ground; yet the *Leaf* of it, when once it is prepar'd for Uſe, is of a Temper quite different; 'tis *delicate* and *tender*, injur'd by the *Breath*, and damag'd by the very

Rules for preserving it.

common Air. And therefore the *Chineſe* knowing how ſubject it is to Decay, and how eaſily 'tis tainted, carefully provide againſt theſe Dangers, by keeping of it very cloſe, and at a Diſtance from all *ſtrong Smells*, whether they be *pleaſant Flavors*, or *fœtid Scents:* for both of theſe are equally pernicious, and deſtructive of the natural Smell. And thoſe that would ſecure it from ſuch Diſaſters, muſt ſee that it be guarded from thoſe Enemies, muſt look that it be kept from any ſtrong *Odor* that would affect it, and ſhut it up ſecurely from the *ambient Air.* For which End the great *Caniſters* are neceſſary for a large Quantity, and the Totaneg, or Pewter, or Tin Pots for a ſmall, whether it be ſent into the Country, or deſign'd to be kept at home; and none of it ſhould be left expos'd, as little

Totaneg is a ſort of Metal brought from China.

as

as may be, from ſuch a Cover: But yet 'tis obſerv'd, that thoſe that endeavour to preſerve the *Spirit* and *Verdure* of it longeſt, and with leaſt Damage, diſpoſe of it commonly in large Tubs, which contain many Pounds, by the Bulk of which the Strength of it is increas'd againſt all harmful Impreſſions from *without*, and the Virtue of it is maintain'd more intirely *within*. And hence it is, that as in *Wine*, ſo in *Tea*, the choiceſt commonly is in the Middle. And that *Caniſter*, whoſe outſide *Tea* may prove but ordinary, as being neareſt the Air and Danger, may yet upon a deeper ſearch be found to contain what is far more valuable: For *Age*, *Air*, and *Damp*, inevitably deſtroy theſe Sorts of *Tea*, which is quite out of its Element either in a moiſt or an open place.

Having thus far diſcours'd of the *various Kinds* of this foreign Leaf, and the *Seaſon* wherein it ſhould be gather'd, of the *Method of making choice of the beſt*, and the *Means* whereby it is *preſerv'd*; the Reader now will expect to hear ſomething of its *Qualifications*, and what the *Virtues* of it are, that have rais'd it to this general eminent Eſteem. And if we may believe thoſe perſons who have been moſt converſant with this healthful Liquor, and receiv'd it ſo long in the Nature of their common Drink, we muſt needs entertain ſome Eſteem for its Excellence, and harbour a valuable Opinion of it. For the *Gout* and *Stone*, thoſe painful Diſeaſes which ſo frequently torment the *Europeans*, are ſcarce known in *China*, and among thoſe moſt *Eaſtern Aſiaticks*,

The Qualities of Tea.

Medicinal againſt the Gout and Stone.

ticks, the Happineſs of which they commonly aſcribe to the conſtant Uſe of this Liquor among them. The Privilege of which they reckon upon as a ſpecial Bleſſing to thoſe Nations, eſpecially when attended with ſuch remarkable Effects. And if the intolerable Pains of theſe Diſtempers are caus'd by an *acrimonious Juice*, and ſome *ferment* that is *ſaline*, this Liquor is ſaid to mitigate the *Salt*, diſturb the *Tartar*, and diſſolve its *gravelly Particles*, when 'tis much and often drunk. For ſince it is an *Acid* that coagulates the *Blood*, and afterwards precipitates the groſſer Parts of it into *Gravel*; this Liquor, as ſome imagin, mightily corrects the *Acid*, and prevents the *Precipitation*. And though the Seeds of theſe Diſeaſes, if they are *Hereditary*, or *Chronical*, cannot eaſily be re-

mov'd, yet may they in ſome meaſure, by a daily Uſe of this excellent Drink, be much *diminiſh'd*, or at leaſt be kept from an *Increaſe*; Eſpecially if it be drunk in ſuch a *Quantity*, and at ſuch convenient *Times*, when the Stomach is rather empty than over-charg'd. For then is a Paſſage eaſily made, and with greater Freedom both to the *Veins*, and to the *Reins*. For a Medicine ſo very weak and light as this, cannot readily conquer thoſe Obſtructions that oppoſe it, nor make its way through them with Facility. And ſeveral Examples might be produc'd, I queſtion not, among our ſelves, to confirm the Subſerviency of this Leaf to theſe great and noble Ends.

Nor are the *Tartars*, who are now Maſters of this large and flouriſh-

flouriſhing Empire of *China*, inſenſible of the Benefit of this Infuſion, or Strangers to the *Virtue* and *Uſefulneſs* of it. For whereas theſe perſons are by Nature very hardy, and have ſo far improv'd this Hardineſs by Cuſtom, that *raw Horſe fleſh* is their ordinary Food; and this they eat, and digeſt with the ſame Facility, as we do Beef that's boil'd or roaſted. Now hereupon however it ſometimes happens that their Stomachs are oppreſs'd with *Crudities*, and mightily weaken'd through *Indigeſtion*; to cure which, they readily apply themſelves to *Tea*, without conſulting any other Phyſick; and in this they find ſo much Relief, and their Appetites are ſo effectually ſtrengthen'd, that they ſoon recover their Digeſtive Faculty again, and remove the *languid Indiſpoſition*. But the Leaf which

A Help to Digeſtion.

is moſt powerful upon this occaſion is very harſh, courſe and unpleaſant, and only grows in the Northern Province of *Xenſi*, moſt of which lies between 35 and 40 deg. of Latitude. Which Courſeneſs renders it far more agreable to the ſtrong Conſtitution of the ſtout and robuſt *Tartar*, than to that of the delicate and ſoft *Chineſe*. And that this is a Virtue very remarkable in *Tea*, it ſeems from hence very probable, in that the Liquor impregnated with its Particles will *ſoften Fleſh*, *Le Compte*, p. 221. *and renders hard Meats tender*, whereby we may judge that it haſtens *Diſſolution*, and thereupon facilitates *Digeſtion*. Beſides, the ſoft-pointed Volatile *Salt* wherewith it abounds, and the *hot Water* wherein it is infus'd, do mightily repair the natural *Fluidity* of the *Juices* of the Body, and by a gentle

a gentle Aſtriction agreeably fortify the Tone of the *Bowels*, and of a *weak Stomach*; vide *Pechlini de Potu Theæ Dialogum*, p. 41. And if this therefore be a Quality inherent in this Liquor, to ſtrengthen a faint Appetite, and correct the nauſeous Humors that offend the Stomach, it muſt needs in ſome meaſure happily contribute to the Health of ſome weak and feeble Conſtitutions, and likewiſe throw off abundance of thoſe *Crudities* created in the Body through *Exceſs*. And by this means, that the Vigor of the Appetite is regain'd, the Sweetneſs of the *Blood* may be preſerv'd, and the Sharpneſs that is in it be abated; whereby this *China* Drink may prove a friendly Remedy againſt the *Scurvy*, that Northern popular Diſeaſe, and become as valuable a Bleſſing to us, as it is unto the *Tartars*, who fall into

A Remedy for the Scurvy.

to

to the ſame Diſtemper with us, upon the very ſame Account, of a groſs and high Feeding.

It prevails over the Fumes of Wine.

The laſt Remark which I ſhall make of this innocent lovely Liquor, is the Advantage which it has over *Wine*, and the Aſcendant which it gains over the powerful Juice of the Grape, which ſo frequently betrays Men into ſo much Miſchief, and ſo many Follies. For this admirable *Tea* endeavours to reconcile Men to *Sobriety*, when their Brains are overcaſt with the Fumes of Intemperance, and diſorder'd with Exceſs of Drinking; by driving away the ſuperfluous Humors that cloud the Rational Faculty, and diſturb the Powers of the Mind. And therefore all thoſe perſons who have by this means loſt their Senſes, and have paſs'd the Bounds of Moderation, ought preſently to

to water their Veins with this Liquor, and refreſh themſelves with its ſober Draughts, if they are willing to recollect their roving Thoughts, and be Maſters of their Faculties again. For this is none of its meaneſt Triumphs, that 'tis able to ſubdue this conquering Liquor, that has foil'd ſo many wiſe and powerful; that it is an *Anti-Circe*, can countercharm the inchanted Cup, and change the Beaſt into a Man. *Vertiginem capitiſque dolorem (præſertim à crapulâ ortum) mitigat.* ten Rhyne. p. 15. And that it is not altogether deſtitute of this remarkable Faculty of ſuppreſſing Vapors in the Brain, ſeems not improbable from what is obſerv'd of it in *China*. For when any one there is unfortunately ſeiz'd by a *Vertigo*, through a Redundance of Humors towards the Head; the Uſe of this Liquor is often

It Cures the Vertigo.

often a kind Relief to this Diſtemper, by obſtructing the Paſſage of the Steam from the Stomach and lower Parts. Becauſe the thick Vapors that continually aſcend, being the Cauſe of this Diſturbance, whenever they are check'd and controll'd in their Paſſage by the lively Spirit of *Tea*, the *Megrim* ſenſibly abates. For *Tea* has none of that fiery Spirit that inflames the Blood, and diſorders the Phantiſms of the Brain, and is the proper Vice of Wine; 'tis quick indeed, and active as that Liquor, but happily deſtitute of all the intoxicating Quality. It nimbly aſcends into the Brain, but then 'tis with a candid Deſign of purifying and of quickening it, not immediately to render it muddy, ſluggiſh and confus'd. And upon this ſcore it juſtly claims an Intereſt and Share in the Affecti-

It comforts the Brain.

ons

ons of all Men of fanciful and ſprightly Thoughts, of all that would animate their Faculties without Diſturbance, and maintain their Idea lively and bright, in that it actuates and quickens the drowſy Thoughts, adds a kind of new Soul to the *Fancy*, and gives freſh Vigor and Force to the wearied *Invention*. As ſome ingenious Perſons in this Kingdom by frequent Experience can teſtify.

And if Ingenuity may be allow'd to have a Vote here, I can produce that which is unqueſtionable in the Teſtimony of Mr. *Waller*, whoſe Character of this Herb may be ſeen in theſe Verſes.

Of

Of TEA, commended by Her Majesty.

VEnus her Myrtle, Phœbus has his Bays;
TEA both excels, which she vouchsafes to praise.
The best of Queens, and best of Herbs we owe,
To that bold Nation, which the way did show
To the fair Region, where the Sun does rise;
Whose rich Productions we so justly prize.
The Muses friend, TEA, does our Fancy aid;
Repress those Vapors which the Head invade:
And keeps that Palace of the Soul serene,
Fit on her Birth-day to salute the Queen.

And

And from this eminent Property which it has of animating the Faculties, and keeping up the Vigor of the Spirits, ariſes that other remarkable Power which it gains over *Sleep* and *Drowzineſs*, and the natural Inclination of the Body to Reſt. So that a few Cups of this excellent Liquor will ſoon rowze the cloudy Vapors that be night the Brain, and drive away all Miſts from the Eyes. 'Tis a kind of another *Phœbus* to the Soul, both for *inſpiring* and *inlightning* it; and in ſpight of all the Darkneſs of the Night, and all the Heavineſs of the Mind, 'twill brighten and animate the Thoughts, and expel thoſe Miſts of Humors that dull and darken Meditation. Acbording to Dr. *Chamberlayn*'s Account in his Treatiſe of *Tea*; *When I have been*, ſays he, *compell'd* *And keeps Men waking.*

pell'd to sit up all Night about some extraordinary Business, I needed to do no more than to take some of this Tea, when I perceiv'd my self beginning to sleep, and I could easily watch all Night without winking; and in the Morning I was as fresh as if I had slept my ordinary time; this I could do once a week without any trouble. And this certainly must gain it a mighty Veneration from all those Sons of the *Muses*, who labour in the Night, and are desirous to keep their *Memories* fresh, and their *Senses* waking; and endeavour to prolong those Hours that are devoted to studious Thoughts, in Strength and Clearness of Understanding; Because at such times in the Use of this sprightly Liquor, they perceive a speedy Remedy against their natural Weariness and Stupidity.

And

And that the ſeveral Virtues which are here aſcrib'd to this delicate Leaf are not meerly Notional, or of bare Conjecture, the Teſtimonies of ſeveral eminent Authors might be produc'd, ſuch as *Ray*'s Hiſtor. Plant. *Olaus Wormius* in Muſæo, p. 165. *Tulpius* Obſervat. l. 4. cap. ult. &c. But the account of one of them only ſhall be at preſent ſufficient. The Learned *Michael Etmuller*, Profeſſor of Phyſick at *Lipſick*, in the third Edition of his Notes on *Schroder*'s Pharmacy, publiſh'd by his Scholar Dr. *John Caſpar* of *Weſtphalia*, gives an account of the Herb *Tcha*, or *Tea*, to this purpoſe; *It powerfully corrects Indigeſtions and Crudities, ſo as that the very* Chineſe *uſe this Drink to ſtrengthen the firſt Digeſtion, and to purify the Maſs of Blood by a Flux of Urine. Whence it is that they rarely labour under the*

Hypocondriack Passion, descended from a depravd Stomach: for Tcha's *Aromatick Virtue takes away all acid Crudities. Besides, it is a very famous Cephalick, adds a wonderful Strength to the Animal Spirits, and by that means opposes the Megrim, and admirably comforts the Memory, and other Faculties of the Soul. Moreover, it drives away Drowzineſs, and keeps a man awake without Wearineſs.*

It is a moſt noble Antinephritick and Antipodagrick; whereupon they that take this Drink, are not ſubject to the Stone and Gravel, while it partly throws it out, and partly deſtroys the preternatural Acid in the Stomach and Guts, and likewiſe in the Blood, (volatilizing it, if coagulated by an Acid) in which Reſpect it preſerves both from the Stone and Gout, whereby the Chineſe *and* Japaneſe *are rarely, if*

ever,

ever, infested with them. All which admirable Effects, and much more, are confirm'd by the most famous *Wilhelmus ten Rhyne*, Physician, Botanist, and Chymist to the Emperor of *Japan*, in his Discourse *De Frutice Thee*; Who there affirms too, that *it both prevails against the Dropsy, and is an Antidote extraordinary against the Weakness of the Sight.*

But notwithstanding all this Authority, this Leaf has formerly been subject to Reproach and Cavil. And it were a happy Leaf indeed were it altogether Objection free, and out of the Reach of Enmity and Contradiction. But however, this Happiness it has, That herein it shares Fate with all things that are excellent, which are often aspers'd even for their *Innocence*, and in that respect owe all their Mi- *Two Objections answer'd.*

ſery to their Perfection. That which was wont to be argued in Diſparagement of that general Credit which this Drink by its Merits has obtain'd, was, That it was a Parent to the *Cholick* and *Diabetes*, though it was very uſeful upon other accounts; and that it unhappily caus'd theſe Diſeaſes among us. But notwithſtanding that 'tis very well known, that theſe are no upſtart Diſtempers here, but challenge a Standing of ancient Date; yet were they the neceſſary Conſequence of the Uſe of this modern Liquor in *England*, all the *Eaſtern Nations*, eſpecially *China*, *India*, and *Japan*, muſt needs be ſorely afflicted with them; and therefore inſtead of encouraging as they do, muſt rather renounce their beloved Drink, unleſs they are more inamour'd with it, than with their Health. And yet we never

never hear that theſe Diſeaſes are complain'd of there, though this Liquor is as familiarly us'd by them, as Small Beer is with us; and that not only by the *Natives*, but by ſeveral *Europeans*, who are nevertheleſs altogether Strangers to the Painfulneſs of thoſe Maladies. If the *Diabetes* derives it ſelf from this Fountain, how comes it to paſs then, that among all the numerous Admirers of *Tea*, ſo very few labour under that Diſtemper? And as to the *Cholick*, many skilful Practitioners in Phyſick do obſerve, that ſeveral Perſons of inferior Note in *England*, whoſe Fortunes never rais'd them to the Character of being *Tea-drinkers*, are more diſturb'd with that Diſtemper, than ſuch as plentifully drink it daily.

Yet

Yet ſome will urge, That although theſe Virtues which I have mention'd may be fairly attributed to this *China* Liquor, yet are they ſometimes obſtructed by the Uſe of that Sugar which is commonly mix'd with it. And this indeed, I muſt confeſs, may ſomewhat abate the Efficacy of it in ſome Operations; yet this Advantage it produces, in benefiting of the *Lungs* and *Reins*; to which it is a mighty Friend.

And yet after all, though theſe rare and excellent Qualities have long been obſervable in *Tea*, yet muſt we not imagine that they always meet with the ſame Effect indifferently in all Perſons, or that they univerſally prevail. For either the *Height* of a Diſtemper, or the long *Continuance* of it; either the *Conſtitution* of the Perſon, or ſome certain *occult Indiſpo-*

Indiſpoſition may avert the Efficacy, and obſtruct or delay the deſir'd Succeſs. It may either be drunk without *Advice*, or at *unſeaſonable Times*; either the *Water*, or the *Tea*, may be bad; and if the *Phyſick* it ſelf be ſickly, we cannot eaſily expect much *Health* by it.

FINIS.